



Bega
Garnbirringu
HEALTH SERVICE

ANNUAL REPORT 2017 -2018



sickness gets better

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Our Vision

Bega Garnbirringu Health Services' vision for the future is for a society in which Aboriginal and Torres Strait Islander people are not disadvantaged and share a quality of life with health standards and life expectancy equal to the non-Aboriginal and Torres Strait Islander community.

Our Mission

Bega Garnbirringu Health Services' mission includes the development and maintenance of a robust and diverse organisation that provides sustainable, culturally appropriate and holistic health services to Aboriginal and Torres Strait Islander people.

The organisation addresses the social determinants of health and provides for clinical, educational and preventative health services and the development and retention of the skilled workforce necessary to achieve its mission.

Corporate Services Team

To bring it all together and ensure smooth delivery of services, the corporate services team work diligently behind the scenes.

Our Corporate team comprises:

- ✓ Finance and Payroll
- ✓ Information and Communication Technology service and support
- ✓ Buildings and Grounds Maintenance
- ✓ Data Collection, research and reporting
- ✓ Funding and Contract Management
- ✓ Project and Operations Management

Our Services

Under the governance of the Board who represent the local Aboriginal communities, Bega's appointed Chief Executive Officer leads a team of approximately 100 staff in providing holistic health and social support services to Aboriginal people of the Goldfields region. Our main areas of the service include:

Clinical Services

and

Social Support

These services are supported by our training centre, Nindila. Bega Garnbirringu Health Services Incorporated is a privately owned and operated Registered Training Organisation RTO#5729 and is registered with the Training Accreditation Council Western Australia (TAC).

Nindila is dedicated to the ongoing training of Aboriginal and Torres Strait Islander peoples, and strives to nurture and support students through their educational journey.

Chairperson's Report

On behalf of the Board, I am both privileged and pleased to report to members and other stakeholders that Bega has enjoyed a year that delivered many achievements in line with our strategic direction. The commencement of construction on Bega's Healthy Lifestyle Centre brings the organisation another step closer to providing the Aboriginal community of the Goldfields with a facility capable of addressing and improving many of the social determinants of health.

This year, the Board undertook an extensive and comprehensive Governance Policy review process which allowed us to ensure we have the correct systems and guidelines in place to promote strong governance and financial stewardship now and well into the future. Legislative changes to the Associations Incorporation Act 1987 recently saw the roll out of a revised version in the form of the Associations Incorporation Act 2015 (the Act). With these changes came the requirement for all organisations incorporated under the Act to review and update their Constitutions for compliance with the 2015 version of the Act. The Board has successfully completed this review process and will be presenting Bega's amended Constitution to members for endorsement at the 2018 Annual General Meeting.

Financially, Bega has met all the requirements to produce another unqualified financial audit, a testament to strong financial governance and management across all levels of the organisation.

On the operational side, the Board endorsed and supported the implementation of some structural changes to align Bega more effectively with its long-term objectives and Vision. We are pleased with the progress being made in this space and are enthusiastic about the positive impact these changes will have on Bega's service delivery capacity and workplace culture going forward.

The overall health of the organisation continues to be excellent with Bega enjoying an increasing reputation as a leader in the Aboriginal Community Controlled Health sector.

In closing, I would like to thank the Board and members for their continued support and congratulate the staff and management of Bega on doing an inspiring job of delivering high quality health care to our clients.



Fabian Tucker
Chairperson

Board Members

- Fabian Tucker
- Dennis Forrest
- Barron Bonney
- Lorna Willis-Jones
- Rita Elliott
- Pauline Bonney
- Tamarin Tucker
- Ann Forrest
- Ted (Gary) Sambo



Clive Holt
Chief Executive Officer

Chief Executive Officer's Report

It feels like just the other day when I was reporting on the increased levels of activity in pursuit of implementing the Bega 2020 Strategic Plan as part of last year's Annual Report. The past twelve months have seen yet more activity and significant progress towards this end while further enhancing Bega's strong reputation for professional service delivery.

The organisation has implemented and embraced a functional design structure as an integral step to strategically positioning Bega to enhance our capacity for delivering holistic healthcare services. We now have clearly defined work areas focusing on primary health and the social determinants of health respectively. Further refinements to our leadership development program has seen the emergence of a group of leaders who are committed to the vision and mission of the organisation, with a strong focus on developing and maintaining the dedicated and robust workforce we need to achieve our objectives.

The commencement of construction on the Healthy Lifestyle Centre was a significant milestone towards ensuring we have the physical infrastructure in place to facilitate future growth, with completion of this project due at the end of 2018. Some initial design concepts have been put forward for the proposed re-development of our properties at 12 and 14 MacDonal street into a purpose build complex capable of housing all social support services and our Registered Training Organisation (RTO), Nindila Training Centre.

At the time of writing, preparations are well underway for clinical accreditation by Australian General Practice Accreditation Limited (AGPAL), which will see Bega recognised in accordance with the 5th edition standards of the Royal Australian College of General Practitioners (RACGP). Nindila Training Centre is also making final preparations for their site assessment by the Australian Health Practitioner Regulation Agency (AHPRA), which will endorse Nindila as an AHPRA accredited RTO and further strengthen Bega's long-term workforce sustainability. We now have our sights firmly set on progressing towards ISO 9001:2015 certification to embed international best practice management systems across the whole organisation.

Sustained efforts in developing an external communication strategy have yielded wonderful results in the form of a high-tech, user friendly web site that will pave the way for integrating social media platforms into future promotional endeavors.

Overall, it has been a year highlighted by positive changes and major progress towards realizing the objectives of Bega 2020, none of which would be possible without the hard work and dedication of everyone at Bega. I commend all of you on your efforts and look forward to what we can achieve collectively in the years ahead. Thanks for a great year Bega Mob.

Financial Report

Bega Garnbirringu Health Services Incorporated Members' report 30 June 2018

The Board members submit the financial report of the Bega Garnbirringu Health Services Incorporated for the financial year ended 30 June 2018.

1. Board members

The names of the members of the Board for the 2018 financial year are:

	Date of appointment	Date of resignation
Fabian Tucker – Chairperson	27 September 2012	
Ted (Gary) Sambo	12 September 2011	
Lorna Willis-Jones	16 October 2013	
Barron Bonney	27 September 2012	
Rita Elliott	27 September 2012	
Dennis Forrest	29 January 2014	
Tamarin Tucker	27 October 2015	
Joseph Elliott	7 October 2016	26 February 2018
Pauline Bonney	7 October 2016	
Ann Forrest	7 December 2017	

2. Company particulars

Bega Garnbirringu Health Services is an association incorporated in Australia.

Principal place of business

51 Macdonald St
KALGOORLIE WA 6430

3. Principal activities

The principal activity of the Association during the year was the provision of health care services for Aboriginal and Torres Strait Islander people.

There were no significant changes in the nature of activities of the Association during the year.

4. Operating and financial review

The result from ordinary activities for the year ended 30 June 2018 was a surplus of \$1,455,842 (2017: \$2,231,881).

5. Significant changes in the state of affairs

In the opinion of the members, there were no other significant changes in the state of affairs of the Association that occurred during the year under review.

6. Events subsequent to reporting date

No matter or circumstance has arisen since 30 June 2018 that has significantly affected, or may significantly affect the Association's financial position, operations or the results of those operations in future financial years.

7. Environmental regulation

The Association's operations are subject to the laws of Australia, which impose environmental compliance and reporting obligations. The members are not aware of any significant breaches during the period covered by this report.

8. Indemnification

Since the end of the previous financial year, the Association has not indemnified or made a relevant agreement for indemnifying against a liability any person who is or has been an officer or auditor of the Association.

Financial Report

Bega Garnbirringu Health Services Incorporated Statement of financial position As at 30 June 2018

	Note	2018 \$	2017 \$
Assets			
Current assets			
Cash and cash equivalents	3	13,369,985	12,716,207
Trade and other receivables	4	-	1,604
Total current assets		<u>13,369,985</u>	<u>12,717,811</u>
Non-current assets			
Property, plant and equipment	5	<u>6,630,506</u>	<u>6,803,136</u>
Total non-current assets		<u>6,630,506</u>	<u>6,803,136</u>
Total assets		<u>20,000,491</u>	<u>19,520,947</u>
Liabilities			
Current liabilities			
Trade and other payables	6	1,439,846	2,835,019
Employee benefits	7	<u>1,017,216</u>	<u>778,153</u>
Total current liabilities		<u>2,457,062</u>	<u>3,613,172</u>
Non-current liabilities			
Employee benefits	7	<u>311,624</u>	<u>143,361</u>
Total non-current liabilities		<u>311,624</u>	<u>143,361</u>
Total liabilities		<u>2,768,686</u>	<u>3,756,533</u>
Net assets		<u>17,231,805</u>	<u>15,764,414</u>
Equity			
Art revaluation reserve		70,745	70,745
Asset revaluation reserve		1,565,849	1,554,300
Retained earnings		<u>15,595,211</u>	<u>14,139,369</u>
Total equity		<u>17,231,805</u>	<u>15,764,414</u>

Financial Report

Bega Garnbirringu Health Services Incorporated Statement of profit or loss and other comprehensive income For the year ended 30 June 2018

	Note	2018 \$	2017 \$
Revenue			
Grants received		11,275,045	9,470,828
Medicare income		1,654,619	1,485,134
Interest income		143,420	148,986
Other income		546,740	437,145
Donations		-	790,000
Profit on disposal of assets		-	66,821
		<u>13,619,824</u>	<u>12,398,914</u>
Expenses			
Accounting and audit	9	44,897	55,813
Advertising and promotion		379,749	240,120
Consumables		510,181	556,308
Depreciation		247,988	291,069
General expenses		1,833,566	1,214,476
Insurance		189,596	193,267
Loss on disposal of assets		188,949	-
Motor vehicle expenses		95,820	80,700
Property rental expenses		38,291	14,800
Rates and land tax		-	47,372
Repairs and maintenance		480,663	339,878
Employment costs	8	<u>8,154,282</u>	<u>7,133,230</u>
		<u>12,163,982</u>	<u>10,167,033</u>
Surplus before income tax expense		1,455,842	2,231,881
Income tax expense		<u>-</u>	<u>-</u>
Surplus after income tax expense for the year		1,455,842	2,231,881
Other comprehensive income for the year, net of income tax		<u>-</u>	<u>-</u>
Total comprehensive income for the year		<u>1,455,842</u>	<u>2,231,881</u>

Clinic Opening Hours and Location

6-18 MacDonald Street,
Kalgoorlie

Monday 8:30am - 4:30pm
Tuesday 8:30am - 4:30pm
Wednesday 8:30am - 4:30pm
Thursday 8:30am - 4:30pm
Friday 8:30am - 4:30pm
Sat & Sun Closed

Telephone: (08) 9022 5500

Facsimile: (08) 9091 1302

Email: info@bega.org.au

All appointments are bulk billed

Clinical Services

Come and visit our dynamic team of Aboriginal health workers and practitioners, doctors, midwives and nurses at our Kalgoorlie-based clinic for Aboriginal and Torres Strait Islanders.



Call us to make free transport arrangements or simply present to reception and we'll be able to point you in the right direction to have your health needs addressed. We can even check your immunisations and if you're not up to date, we can fix that for you.



Clinical Services and Programs

Medical Services - AGPAL accredited and staffed by Doctors, Aboriginal Health Practitioners, Nurses, Midwives and Health Workers. We offer general practice services including Health Checks and immunisations.

Maternal and Child Health - The all female staff Clinic within our Kalgoorlie based Medical Service, provide support for all our families both pre-natal and post-natal care, including outreach services.

School Outreach Program - Provides support to students and their families, including Health Promotion.

Chronic Disease Management - Our chronic team offers support for all of our clients who have a Chronic condition including Care Plans and Team Care Arrangements.

Transport Services - Transport Services to and from the clinic and other medical appointments are available for our clients. Please contact Reception for details.



Maternal Child Health

Our team at New Directions is here to care for Women and their families. We are staffed by a Coordinator, Midwives, Health Practitioners and Maternal Support Worker. The clinic is open during normal Bega opening hours with no appointments needed. We provide women's health care, pregnancy care, child health checks and immunisations.



We also have an Outreach Schools Program which performs general health check-ups in nominated primary and secondary schools. This team is staffed by nurses and transport liaison officer. We also have a visiting Outreach Service to help families and pregnant mums in the Northern Goldfields each month. Our team are here to provide care, support and advise on your journey to becoming new parents.

A visiting GP/Obstetrician attends Bega once a week.

Referrals can be arranged to Obstetricians, Paediatricians, dieticians, diabetes educator, tobacco action team, social and emotional wellbeing, ENT clinic, social support unit, physiotherapy, mental health, drug and alcohol counsellors and youth support.

Specialist Clinics

Our Medical Service is supported by specialists offering their health expertise. These include:



• **Dental Services**



• **Physiotherapy**



• **Dietitian**



• **Diabetes Clinic**



• **Kidney Specialist—Nephrologist**



• **Hearing Clinic**



• **Ear, Nose and Throat Clinic**



• **Obstetrics Clinic**



• **Podiatry Clinic**



• **Immunisations**



• **Optician**



• **Ophthalmologist/ Eye Specialist**



• **Paediatrician**

Mobile Clinic

The Mobile Clinic team deliver the same service as our Kalgoorlie clinic across our region in delivering Primary Health Care. We can help you with your medical needs with attending Doctors, Aboriginal Health Practitioners, and Nurses.

The fleet consists of 2 modern purpose-built trucks. Our service aims to provide culturally safe, holistic and comprehensive health care to people all over the Bega operational region working towards closing the gap and achieving healthy outcomes.

Mobile Clinic travels to the following areas regularly:

- Laverton
- Leonora
- Menzies
- Norseman
- Esperance
- and surrounding communities



Some of the services mobile clinic offer include the following:

- Wound Care
- Performing health screenings and physical examinations, including blood pressure measurements, blood tests, finger-prick blood samples, and dipstick urine tests
- Chronic health management
- Pathology services
- Sexual Health screening and education
- Provide health education
- Annual Aboriginal and Torres Strait Islander health checks
- Visiting Specialist



Social Support

Addressing the social determinants of health our Social Support Unit helps all our clients with support and emotional services to help supplement care provided by our clinic.

Our supportive team are temporarily located at 39 Porter Street.

Below are some of the services provided.



Environmental Health Support

Social & Emotional Wellbeing



Tackling Indigenous Smoking

Homelessness



Sobering Up Shelter

Youth Support



Community Safety and Wellbeing



Homelessness

The Bega Aboriginal Homeless Fringe Dweller Support Service team provides breakfast to those who are homeless or at imminent risk of homelessness as well as assesses basic human needs (medical, advocacy, referral etc).

Breakfast is served at 7.00-8.00am at the Shelter and visits to the local camps at around 8.30am

This service aims to assist those who are homeless to obtain and maintain housing or seek alternative accommodation. As well as assist our existing Bega client's at risk of eviction to keep their home.

We also provide regular outreach and support to clients being on case management.

Rough Sleeper Outreach Program

We work intensively with those who are homeless and sleeping rough to gain an alternative means of accommodation, obtain housing or return to their community.

Environmental Health

Our Environmental Health team consist of three qualified Environmental Health Workers, who work within the entire Goldfields area including outlying communities to provide assistance with dog sterilisation and management, sanitation and waste disposal, pest control, home and community hygiene and minor plumbing works. The team make regular trips to the outlying communities such as Mount Margaret, Cosmo Newberry, Leonora, Laverton, Tjuntjuntjarra and Ninga Mia providing education and assistance. The team also works closely with the City of Kalgoorlie-Boulder in all environmental matters.

The main objective for the Environmental Health team is early prevention of diseases caused by surroundings. This means we look at a wide variety of issues our clients might be having so we that we can help manage and/or improve their own healthy environment. Our Environmental Health team also works with the Goldfields communities, organisations and schools promoting educational programs on things like hand washing, making your own fly traps and sustainable gardening for the green thumbs.

Environment Health Assistance

To access our Environmental Health service, clients are required to obtain a referral from our Clinic or Social Support networks. This is a quick and easy process and all our Bega staff are trained in the referral process.

As our team is kept busy with the referrals, it is advised that you book one (1) week in advance. The Environmental Health team are dedicated to their work and are often out on the job assisting clients with trailer delivery, gardening equipment and yard clean up for housing inspections.



Some of the things we do:

- ✓ Testing Community water supply
- ✓ Inspections of client homes to ensure there are no health concerns such as insects/rodents, damaged or leaky pipes etc;
- ✓ Pest Control
- ✓ Sterilising and Worming of Community dogs
- ✓ Supply equipment for local clients to clean up their yards, including trailer, lawn mower and rakes and taking all waste to the tip at the end of the day.

Sustainable Gardening Project

Our Environmental and Maintenance teams were privileged to have gardening guru David De Vries provide us with training on sustainable gardening in the Communities. David has worked with rural and remote indigenous communities in the Northern Territory developing a system of sustainable gardens suitable to the desert climate and are easy to maintain.



Our team, with the assistance of community members at Leonora and Ninga Mia, set up sustainable garden wicker beds and now grow their own food. The blue barrels can be seen around the communities with various fruit trees and vegetables. The barrels are transformed into portable, self-watering garden beds and placed in optimum position for watering, shelter, sun and wind. This is a hands on and capacity building exercise where the participants are given both knowledge and materials to create their own custom gardens. Using recycled materials and innovative ideas for communities that might find it difficult to access resources, this program has been specifically designed for indigenous communities.



Sobering Up Shelter

Our Shelter was implemented through the Royal Commission into Aboriginal Deaths in Custody and is run by Bega.

The Shelter provides a place for those affected by drugs and / or alcohol that is a safe and secure place to sober up away from incarceration and dangers. Clients who are repeat clients will receive assistance with their alcohol and other drug issues through a referral service for counselling or other support.

The Shelter's opening hours are 5pm to 7am, Monday to Friday.





Social, Emotional Wellbeing

The SEWB Centre, started in August 2017 with staff comprising of a Registered Psychologist and counsellors. We aim to provide a holistic and culturally appropriate service to promote social and emotional wellbeing. Our centre is located in a safe and confidential space and our focus is to provide a complete cycle of care within Bega, while increasing participation and engagement of Aboriginal people in mental health services.

We provide support with suicide and self-harm as well as problems with alcohol and other drugs.

We currently work in collaboration with our other Bega programs and our Alliance partners, to prioritise and offer choice to our local Aboriginal people. We also work closely with Agencies providing support and postvention support services to families impacted by suicide.

We currently accept referrals from our GP's here at Bega, other agencies as well as self-referrals for mental health issues including depression and anxiety, grief and loss and other psycho-social stressors. We also deal with alcohol and other drug issues including impacts on family. We are flexible and can meet wherever suits you and can also arrange transportation in need.



Tackling Indigenous Smoking

The Tackling Indigenous Smoking (TIS) Program at Bega aims to improve the health of Aboriginal and Torres Strait Islander people by reducing tobacco use. The Tobacco Action Team provide culturally appropriate smoking cessation activities to Aboriginal people in the Goldfields region that aim to:



- ✓ Provision of intervention, support and health promotion activities
- ✓ Encourage community involvement in and support for local tobacco control activities
- ✓ Increase community understanding of the dangers of smoking and links with chronic diseases
- ✓ Promote benefits of quitting or never becoming a smoker
- ✓ Discourage smoking among young people and pregnant women
- ✓ Encourage and support smokers to quit
- ✓ Raise awareness in communities about the health impacts of smoking and passive smoking
- ✓ Support communities to establish smoke-free homes, workplaces and public spaces

Tackling Indigenous Smoking

Benefits of quitting:

- ✓ Feel healthier - as you cut down or quit smoking, more blood and oxygen flows around the body. You will feel healthier and energetic. You will have fewer sick days including cold, flu and other infections.
- ✓ Look better - smoking affects the way you look. Quitting smoking will improve your vision, freshen the breath, clearer skin (remove wrinkles), cleaner nails and hairs.
- ✓ Family life – save your family from passive smoking, especially kids and elders. Quit smoking if you planning to have a baby or pregnant.
- ✓ More money - quitting smoking can save you more than \$10,000 a year if you smoke pack-a-day. Reward yourself from that money. You can even buy a car, book holidays or pay a house deposit from the savings.
- ✓ Fewer hassles - many smokers find that life is simpler without always having to think about their next cigarette break, or constantly cleaning their car, clothes and stained teeth.
- ✓ Less stress - it's a myth that smoking relieves stress beyond the short-term. In most cases, ex-smokers report feeling far less stressed after they've quit.
- ✓ More control - it's an empowering feeling to overcome addiction and feel in charge of your behaviours.



Nindila Training Centre

As a Registered Training Organisation (RTO), Nindila Training Centre (Nindila) is best placed and the most culturally appropriate provider of health related training in the region. It is the only Registered Training Organisation that provides Aboriginal and Torres Strait Islander (ATSI) Health Worker training within the Goldfields and surrounding areas, and has done so since 1996.

Nindila is dedicated to the ongoing training and development of Aboriginal & Torres Strait Islander peoples, and strives to nurture and support students through their educational journey using a number of strategies tailored to individual learner needs.

The Bega Garnbirringu Health Services Board of Directors has endorsed three strategic training and development objectives for Nindila Training Centre:

1. Increase the number of Aboriginal health professionals who possess qualifications relevant to the needs of clients serviced by Aboriginal Medical Services (AMS's).
2. To promote and protect the role of the Aboriginal Health Worker.
3. Provide professional development opportunities to non-Aboriginal health professionals working with Aboriginal clients, families and communities.



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HEALTH SERVICE

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